

# EFFECTIVENESS OF PARENT OCCUPATION ON MENTAL HEALTH, SELF-ESTEEM, AND SUBJECTIVE WELL-BEING AMONG COLLEGE STUDENTS

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Keywords: Mental Health Status, Self-Esteem, Subjective  
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At last, our thanks go out to the members of the journal who have done their best to work at this collaborative effort. May you continue in this wonderful spirit, which, we are sure will sustain your efforts in the future towards enhancing and enriching this journal.

**Dr. Suresh Makvana<sup>1</sup>**  
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## ABSTRACT

The present study has been carried out with the aim of investigating the college students mental health status (and its subscales likewise, attitude toward the self, self-actualization, integration, autonomy, perception of reality, environmental mastery), self-esteem, and subjective well-being based on their parents occupation. The sample of the study consisted of 750 college students studying in different college of Visakhapatnam city (India), selected through stratified sampling method. In order to collect data, the Mental Health status, (M.H.S. Scale) by P. Gireesan & Sananda Raj,(1988), Self-Esteem Inventory by Thomas, & Sananda Raj, and Subjective Well-Being Inventory, by Suhany, B, T & Sananda Raj, (2002) and personal information schedule, were used. The data were analyzed using One way ANOVA as well as Duncan test. The result indicated that College students, whose; their father's Occupation comes in Semi professional category had higher level of mental health, self-actualization, integration, perception of reality, and environmental mastery than others. College students, whose; their father's Occupation comes in High professional category had higher level of subjective well-being than others. College students, whose; their Mother's Occupation comes in semi professional category had more mental health, self-actualization, perception of reality, than others. College students, whose; their Mother's Occupation comes in High professional category had more integration, and environmental mastery than others.

## KEYWORDS

*Mental Health Status, Self-Esteem, Subjective Well-Being, Parents Occupation, College Students.*

## **INTRODUCTION**

The mental health needs of university students have become an international focus of attention in the world during the past decade. It can be certainly stated that the Mental Health, Self-esteem, and Subjective Well-being is the most important need of all the human beings across the world to achieve perfection and excellent aims. The mental health in all periods of life is of great importance, So that the Mental Health is a very imperative factor in any dynamic societies, particularly college students who have a vital role in manipulating Mental Health. It is now known that mental disorders affect all age groups and are responsible for ample social and financial costs (Campos, 2007).

Adler (1870) mentioned that mental health is some people have a "stable social network" integrated. mental health means having goals in life, having a solid philosophy for living, family and social relationships, optimal and sustainable benefit for fellows, courage, decisiveness, having control over emotions, goal the final realization of accomplishment and self-acceptance problems and try to solve possible errors ( Kord T & Mohammady Far, 2009).

In Jahoda (1958) point of views the aspects of attitudes toward the self, growth and development, self-actualization, integration of personality and environmental mastery must be considered in judging whether a person is mentally healthy or not.

In the present investigation Mental Health is considered as not merely the absence of mental illness but also the presence of Subjective Well-being, and Self-esteem. According to Keyes (2013), mental health is referring to the absence of mental illness and the presence of high level of well-being. The present investigation introduced mental health on the basis of Jahoda (1958) definition and included six variables likewise:

- Attitude toward the self: means, self-Acceptance, self-concept, sense of identity, growth, development.
- Self-actualization: denote, utilize ones abilities, motivational processes, and investment in living.
- Integration: imply, unifying outlook of life and resistance to stress, and refers to relatedness of all processes and attributes in an individual.
- Autonomy: denote self-reliance in decision making, (a relation between individual and environment with regard to decision making.
- Perception of Reality: means free from need distortion. Healthy Perception of Reality is refer to what the individual sees corresponds to what is actually there.
- Environmental Mastery: represent ability to love work and play, adequacy in interpersonal relations, efficiency in solving problems, for better understanding the behaviour of college students.

According to Morganett (2005), Self esteem considered as a form of self-acceptance, personal appreciation and subjective respect of one's own, and evaluate the difference between their image of self and ideal self. the self esteem level of the individual can be state by looking at the discrepancy between how the individual perceive oneself and the self they would like to be (Pişkin, 2004). Self esteem represents the individual's feelings such as self acceptance, personal appreciation, overall acceptance of the personality and self-love (Adams and Gullota, 1989).

Rosenberg (1965) defines self esteem as negative and positive attitude of the individual to oneself. According to him, self esteem arises in the result of self-evaluation of the individual. The judgment attained as a consequence of self-evaluation is indicative for the level of self esteem.

Self-esteem is the necessary to improve Mental Health of college students in community, which in the recent decades it has been considered as a fundamental factor in Mental Health in order to growth and prosperity of students, and described by the terms such as self-confidence, self-worth, self-assurance, self-efficacy, self-satisfaction, and self-acceptance. Problems encountered by students may have some adverse effects on the Self-esteem and Subjective Well-being level

(Dost, 2006) of college students. Subjective Well-being and Self-esteem are two major indicators of the positive feature of an individual.

Happiness and satisfaction are studied as subjective well-being (SWB), which comprises life-satisfaction, positive affect (feelings of energy and engagement), and lack of negative affect (distress and anxiety) (Diener et al., 2003; Schimmack, 2008).

Subjective Well-Being defined as perceptions, evaluations and aspiration of people on their lives (Campbell et al, 1976), SWB is refer to general life satisfaction as well as the relative frequency of negative and positive affect (Diener et al., 1999), it is considered as People evaluation of their lives with respect to cognitive judgment such as life satisfaction and include positive measures and not only the absence of negative ones (Diener 1984). Thus, high levels of positive affect foster sociability and physical health (Lyubomirsky, King, & Diener, 2005), indicating that SWB is more than just a pleasant state of mind. Personality traits such as extraversion and neuroticism are strong predictors of SWB (Costa & McCrae, 1980; Steel, Schmidt, & Shultz, 2008). The person with Lower levels of SWB have been linked to a chronic illness (Diener and Chan, 2011; Howell et al., 2007; Lyubomirsky et al., 2005), premature mortality (Kimm et al., 2012; Koivumaa-Honkanen et al., 2000; St. John et al., 2014), and suicidality (Koivumaa-Honkanen et al., 2001; Rissanen et al., 2011).

Parent's occupation is considered as the most important factor influencing mental health, self-esteem, and subjective well-being of college students, so that there has been a global interest in determining the impact of Parent's occupation on mental health status, self-esteem, and subjective well-being of their children.

The problem of the present investigation is entitled as: **“EFFECTIVENESS OF PARENT OCCUPATION ON MENTAL HEALTH, SELF-ESTEEM, AND SUBJECTIVE WELL-BEING AMONG COLLEGE STUDENTS”**.

The aim of the study is to find out the differences among college students, based on their fathers occupation in variables namely: Mental Health, Attitude toward the self, Self-actualization, Integration, Autonomy, Perception of reality, Environmental mastery, Self-Esteem, and Subjective Well-being.

## **OBJECTIVES**

1. To investigate the differences among college students based on Father's and Mother's Occupation in terms of their Mental Health.
2. To study the differences among college students based on Father's and Mother's Occupation in terms of their Mental Health Subscales likewise, Attitude toward the self, Self-actualization, Integration, Autonomy, Perception of reality, Environmental mastery.
3. To explore the differences among college students based on Father's and Mother's Occupation in terms of their self-esteem.
4. To test the differences, among college students based on Father's and Mother's Occupation in terms of their Subjective well-being.

## **HYPOTHESIS**

1. There is no significant difference among college students on the basis of their Father's Occupation in their Mental Health.
2. There is no significant difference among college students on the basis of their Father's Occupation in their Attitude toward the Self.
3. There is no significant difference among college students on the basis of their Father's Occupation in their Self-actualization.
4. There is no significant difference among college students on the basis of their Father's Occupation in their Integration.
5. There is no significant difference among college students on the basis of their Father's Occupation in their Autonomy.
6. There is no significant difference among college students on the basis of their Father's Occupation in their Perception of Reality.
7. There is no significant difference among college students on the basis of their Father's Occupation in their Environmental Mastery.

8. There is no significant difference among college students on the basis of their Father's Occupation in their Self-esteem.
9. There is no significant difference among college students on the basis of their Father's Occupation in their Subjective Well-being.
10. There is no significant difference among college students on the basis of their Mother's Occupation in their Mental Health.
11. There is no significant difference among college students on the basis of their Mother's Occupation in their Attitude toward the Self.
12. There is no significant difference among college students on the basis of their Mother's Occupation in their Self-actualization.
13. There is no significant difference among college students on the basis of their Mother's Occupation in their Integration.
14. There is no significant difference among college students on the basis of their Mother's Occupation in their Autonomy.
15. There is no significant difference among college students on the basis of their Mother's Occupation in their Perception of Reality.
16. There is no significant difference among college students on the basis of their Mother's Occupation in their Environmental Mastery.
17. There is no significant difference among college students on the basis of their Mother's Occupation in their Self-esteem.
18. There is no significant difference among college students on the basis of their Mother's Occupation in their Subjective Well-being.

## **METHODOLOGY IN BRIEF**

### **(a) Sample**

The present investigation highlights an analytical study of Mental Health, Self-esteem, and Subjective Well-being among the college students based on their father's and mother's occupation. For this purpose, 750 college students, from Visakhapatnam city, were selected via stratified sampling method.

**(b) Tools**

1. The mental health status, (M.H.S. Scale) by Gireesan. P., &Sananda Raj, (1988).
2. Self-Esteem Inventory, Thomas &Sananda Raj (1981).
3. Subjective Well-Being Inventory, (Sell, &Nagpal, 1992. Adopted, Modified, and Translated by Suhany, B. T., & Dr. H. Sam Sananda Raj, 2002) were used.
4. Personal Information Schedule

**(c) Statistical analysis**

The major Statistical Techniques will be: One-way ANOVA, and Duncan test.

## **DISCUSSION OF THE RESULT**

One-Way ANOVA was used to compare the students based on father's and mother's occupation for the variables Mental Health (and its subscales viz., Attitude Toward the Self, Self-actualization, Integration, Autonomy, Perception of Reality, Environmental Mastery), Self-esteem, and Subjective Well-being and the results obtained from the analysis are shown below:

**a). Fathers Occupation-Wise Comparison**

**2.1 Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Mental Health**

One-way ANOVA was done to compare the college students categorized on the basis of father's occupation. The results obtained for the analysis for the variable Mental Health are given in Table 2.1.



**Table 2.1,** Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Mental Health

Variable	Source	Sum of Square	df	Mean Square	F
Mental Health	Between Groups	7063.60	4	2354.53	18.93**
	Within Groups	92757.09	745	124.33	
	Total	99820.69	749		

Note: \*\*F ratio is significant at 0.01 level.

Table 2.1 revealed that, there was significant difference among college students categorized on the basis of father's their occupation for the variable Mental Health. The F ratio for the variable Mental Health obtained was 18.93, (df = 4, and 745), which was statistically significant at 0.01 level. The result indicated that there was significant difference among their father's occupation of college students on the variable Mental Health. Post hoc comparison was done using Duncan test for identifying the differences existed among the college students based on father's occupation categories, came out with the result shown in Table 2.2.

**Table 2.2** Result of Duncan test for Mental Health: Comparison Based on Father's Occupation

S1. No.	Father's occupation	N	M	1	2	3	4
1	Un skilled work	113	222.67	( )	..	*	*
2	Skilled work	283	223.74	„	( )	*	*
3	Semi Profession	298	229.73	„	„	( )	..
4	High Profession	56	228.23	„	„	„	( )

Note:\* indicated significant difference between the groups compared.

Table 2.2 revealed that there were significant differences among of college students on the basis of their father's occupation for the variable Mental Health. The mean scores obtained for college students, whose fathers where in unskilled group were 222.67, Skilled group were 223.74, Semi

Profession group were 229.73, and High Profession group were 228.23 respectively. The mean scores showed that the college students had higher level of Mental Health; whose father's occupation was comes under Semi Profession group than the unskilled work group. As indicted in Table 2.2 that the college students had higher level of Mental Health whose father's occupation were comes under High profession and Semi profession group when compared with the skilled & unskilled group. But for all the other comparisons, the college students have similar level of Mental Health based on their father's occupation.

## 2.2 Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Attitude toward the Self

One-Way ANOVA was done to compare the college students categorized on the basis of father's occupation. The results obtained for the analysis for the variable Self-esteem are given in Table 2.3

**Table 2.3** Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Attitude Toward the Self

Variable	Source	Sum of Square	df	Mean Square	F
Attitude Toward the Self	Between Groups	96.27	4	32.09	1.78
	Within Groups	13409.30	745	17.97	
	Total	13505.57	749		

Note: F ratio is not significant.

The F ratio obtained for the variable Attitude Toward the Self was 1.78, which was not statistically significant among college students categorized on the basis of father's occupation (Unskilled work, skilled work, Semi Professional, High Professional). The results indicated that college students were similar for the variable Attitude Toward the Self based on their father's occupation.

### 2.3 Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Self-actualization

One-Way ANOVA was done to compare the college students categorized on the basis of father's occupation. The results obtained for the analysis for the variable Self-actualization are given in Table 2.4.

**Table 2.4** Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Self-actualization

Variable	Source	Sum of Square	df	Mean Square	F
Self-actualization	Between Groups	303.51	4	101.17	4.97**
	Within Groups	15166.76	745	20.33	
	Total	15470.27	749		

Note: \*\*F ratio is significant at 0.01 levels

Table 2.4 revealed that, there was significant difference among college students categorized on the basis of father's their occupation for the variable Self-actualization. The F ratio for the variable Self-actualization obtained was 4.97, (df = 4, and 745), which was statistically significant at 0.01 level. The result indicated that there was significant difference among their father's occupation of college students on the variable Self-actualization. Post hoc comparison was done using Duncan test for identifying the differences existed among the college students based on their father's occupation categories, came out with the result shown in Table 2.5.

**Table 2.5** Result of Duncan test for Self-actualization: Comparison Based on Father's Occupation

S1. No.	Father's Occupation	N	M	1	2	3	4
1	Un skilled work	113	36.16	( )	..	..	..
2	Skilled work	283	35.48	„	( )	*	*
3	Semi Profession	298	36.88	„	„	( )	*
4	High Profession	56	36.78	„	„	„	( )

Note:\* indicated significant difference between the groups compared.

Table 2.5 revealed that there were significant differences among five categories of college students on the basis of their father's occupation for the variable Self-actualization. The mean scores obtained for college students, whose fathers where in unskilled group were 36.16, Skilled group were 35.48, Semi Profession group were 36.88, and High Profession group were 36.78 respectively. The mean scores showed that the college students had higher level of Self-actualization; whose father's occupation was comes under Semi Profession group than the skilled work group. Further results revealed that the college students had higher level of Self-actualization; whose father's occupation was comes under high profession group than the skilled work group. But for all the other comparisons, the college students have similar level of Self-actualization based on their father's occupation.

#### **2.4 Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Integration**

One-Way ANOVA was done to compare the college students categorized on the basis of father's occupation. The results obtained for the analysis for the variable Integration are given in Table 2.6.

**Table 2.6** Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Integration

Variable	Source	Sum of Square	df	Mean Square	F
Integration	Between Groups	682.14	4	227.38	9.42**
	Within Groups	18002.57	745	24.13	
	Total	18684.71	749		

Note: \*\*F ratio is significant at 0.01 level.

Table 2.6 revealed that, there was significant difference among college students categorized on the basis of father's their occupation for the variable Integration. The F ratio for the variable Integration obtained was 9.42, (df = 4, and 745), which was statistically significant at 0.01 level. The result indicated that there was significant difference among their father's occupation of college students on the variable Integration. Post hoc comparison was done using Duncan test for identifying the differences existed among the college students based on father's occupation categories, came out with the result shown in Table 2.7.

**Table 2.7** Result of Duncan test for Integration: Comparison Based on Father's Occupation

S1. No.	Father's Occupation	N	M	1	2	3	4
1	Un skilled work	113	40.48	( )	..	*	..
2	Skilled work	283	41.21	„	( )	*	..
3	Semi Profession	298	42.92	„	„	( )	*
4	High Profession	56	41.30	„	„	„	( )

Note\* indicated significant difference between the groups compared

Table 2.7 revealed that there were significant differences among five categories of college students on the basis of their father's occupation for the variable Integration. The mean scores

obtained for college students, whose fathers where in unskilled group were 40.48, Skilled group were 41.21, Semi Profession group were 42.92, and High Profession group were 41.30 respectively. The mean scores showed that the college students had higher level Integration; whose father's occupation was comes under Semi Profession group than the unskilled workgroup.

As indicted in Table 2.7 that the college students had higher level of Integration whose father's occupation were comes under Semi profession group when compared with the skilled group. Further results revealed that the college students had higher level of Integration; whose father's occupation was comes under high profession group than the Semi Profession group. But for all the other comparisons, the college students have similar level of Integration based on their father's occupation.

## 2.5 Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Autonomy

One-Way ANOVA was done to compare the college students categorized on the basis of father's occupation. The results obtained for the analysis for the variable Autonomy are in Table 2.8.

**Table 2.8** Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Autonomy

Variable	Source	Sum of Square	df	Mean Square	F
Autonomy	Between Groups	41.91	4	13.97	1.12
	Within Groups	11702.60	745	15.68	
	Total	11744.51	749		

Note: F ratio is not significant

The F ratio obtained for the variable Autonomy was 1.12, which was not statistically significant among college students categorized on the basis of father's occupation (Unskilled work, Skilled work, Semi Professional, and High professional). The results indicated that college students were similar for the variable Autonomy based on their father's occupation.

## 2.6 Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Perception of Reality

One-Way ANOVA was done to compare the college students categorized on the basis of father's occupation. The results obtained for the variable Perception of Reality are given in the Table 2.9.

**Table 2.9** Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Perception of Reality

Variable	Source	Sum of Square	df	Mean Square	F
Perception of Reality	Between Groups	231.08	4	77.02	4.95**
	Within Groups	11589.04	745	15.53	
	Total	11820.13	749		

Note: \*\*F ratio is significant at 0.01 level.

Table 2.9 revealed that, there was significant difference among college students categorized on the basis of father's their occupation for the variable Perception of Reality. The F ratio for the variable Perception of Reality obtained was 4.95, (df = 4, and 745), which was statistically significant at 0.01 level.

The result indicated that there was significant difference among college students on the basis of father's Occupation for the variable Perception of Reality. Post hoc comparison was done using Duncan test for identifying the differences existed among the college students based on father's occupation categories, came out with the result shown in Table 2.10.

**Table 2.10** Result of Duncan test for Perception of Reality Based on Father's Occupation

S1. No.	Father's Occupation	N	M	1	2	3	4
1	Un skilled work	113	36.83	( )	..	*	..
2	Skilled work	283	36.98	„	( )	*	..
3	Semi Profession	298	38.08	„	„	( )	..
4	High Profession	56	37.78	„	„	„	( )

Note: \* indicated significant difference between the groups compared.

Table 2.10 revealed that there were significant differences among college students on the basis of their father's occupation for the variable Perception of Reality. The mean scores obtained for college students, whose fathers where in unskilled group were 36.83, skilled group were 36.98, Semi profession group were 38.08, and High Profession group were 37.78 respectively. The mean scores showed that the college students had higher level Perception of Reality; whose father's occupation was comes under Semi Profession group than the unskilled work group. Further results revealed that the college students had higher level of Perception of Reality whose father's occupation was comes under Semi profession group than the Skilled work group. But for all the other comparisons, the college students have similar level of Perception of Reality based on their father's occupation.

## **2.7 Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Environmental Mastery**

One-Way ANOVA was done to compare the college students categorized on the basis of father's occupation. The results obtained for the analysis for the variable Environmental Mastery are given in Table 2.11.



**Table 2.11** Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Environmental Mastery

Variable	Source	Sum of Square	df	Mean Square	F
Environmental Mastery	Between Groups	392.67	4	130.89	7.37**
	Within Groups	13243.42	745	17.75	
	Total	13636.09	749		

Note: \*\*F ratio is significant at 0.01 level.

Table 2.11 revealed that, there was significant difference among college students categorized on the basis of father's their occupation for the variable Environmental Mastery. The F ratio for the variable Environmental Mastery obtained was 7.37, (df = 4, and 745), which was statistically significant at 0.01 level. The result indicated that there was significant difference among their father's occupation of college students on the variable Environmental Mastery. Post hoc comparison was done using Duncan test for identifying the differences existed among the college students based on father's occupation categories, came out with the following result (vide Table 2.12).

**Table 2.12** Result of Duncan test for Environmental Mastery: Comparison Based on Father's Occupation

S1. No.	Father's Occupation	N	M	1	2	3	4
1	Un skilled work	113	37.72	( )	..	*	..
2	Skilled work	283	37.71	..	( )	*	..
3	Semi Profession	298	39.21	..	..	( )	..
4	High Profession	56	38.76	..	..	..	( )

Note: \* indicated significant difference between the groups compared.

Table 2.12 revealed that there were significant differences among college students on the basis of their father's occupation for the variable Environmental Mastery. The mean scores obtained for college students, whose fathers were in unskilled group were 37.72, Skilled group were 37.71, Semi Profession group were 39.21, and High Profession group were 38.76 respectively.

The mean scores showed that the college students had higher level of Environmental Mastery; whose father's occupation was comes under Semi Profession group than the unskilled work group. Further results revealed that the college students had higher level of Environmental Mastery, whose father's occupation was comes under Semi Profession group than the skilled work group. But for all the other comparisons, the college students have similar level of Environmental Mastery based on their father's occupation.

## 2.8 Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Self-esteem

One-Way ANOVA was done to compare the college students categorized on the basis of father's occupation. The results obtained for the analysis for the variable Self-esteem are given in below Table 2.13.

**Table 2.13** Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Self-esteem

Variable	Source	Sum of Square	df	Mean Square	F
Self-esteem	Between Groups	170.55	4	56.85	1.42
	Within Groups	29752.33	745	39.88	
	Total	29922.88	749		

Note: F ratio is not significant

The F ratio obtained for the variable Self-esteem was 1.42, which was not statistically significant among college students categorized on the basis of father's occupation (Unskilled work, Skilled

work, Semi Profession, and High Profession). The results indicated that college students were similar for the variable Self-esteem based on their father's occupation.

## 2.9 Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Subjective Well-being

One-Way ANOVA was done to compare the college students categorized on the basis of father's occupation. The results obtained for the analysis for the variable Subjective Well-being are given in Table 2.14.

**Table 2.14** Comparison of College Students Categorized on the Basis of Father's Occupation for the Variable Subjective Well-being

Variable	Source	Sum of Square	df	Mean Square	F
Subjective Well-being	Between Groups	348.01	4	116.00	4.79**
	Within Groups	18032.44	745	24.17	
	Total	18380.45	749		

Note: \*\*F ratio is significant at 0.01 level.

Table 2.14 revealed that, there was significant difference among college students categorized on the basis of father's their occupation for the variable Subjective Well-being. The F ratio for the variable Subjective Well-being obtained was 4.79, (df = 4, and 745), which was statistically Significant at 0.01 level. The result indicated that there was significant difference among college students based on their father's occupation of for the variable Subjective Well-being. Post hoc comparison was done using Duncan test for identifying the differences existed among the college students based on father's occupation categories, came out with the result shown in Table 2.15.

**Table 2.15** Result of Duncan test for Subjective Well-being: Comparison Based on Father's Occupation

S1. No.	Father's occupation	N	M	1	2	3	4
1	Un skilled work	113	52.50	( )	..	..	*
2	Skilled work	283	52.57	„	( )	..	*
3	Semi Profession	298	53.57	„	„	( )	*
4	High Profession	56	54.82	„	„	„	( )

Note: \* indicated significant difference between the groups compared.

Table 2.15 revealed that there were significant differences among five categories of college students on the basis of their father's occupation for the variable Subjective Well-being. The mean scores obtained for college students, whose fathers where in unskilled group were 52.50, Skilled group were 52.57, Semi Profession group were 53.57, and High Profession group were 54.82 respectively. The mean scores showed that the college students had higher level of Subjective Well-being; whose father's occupation was comes under High Profession group than the unskilled group.

As indicted in Table 2.15 that the college students had higher level of Subjective Well-being whose father's occupation were comes under High Profession group when compared with the skilled group. Further results revealed that the college students had higher level of Subjective Well-being; whose father's occupation was comes under High Profession group than the Semi Profession groups. But for all the other comparisons, the college students have similar level of Subjective Well-being based on their father's occupation.

#### **(b). Mother's Occupation-Wise Comparison:**

##### **2.10 Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Mental Health**

One-Way ANOVA was done to compare the college students categorized on the basis of their Mother's Occupation. The results obtained for the analysis for the variable Mental Health are given in Table 2.16.

**Table 2.16** Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Mental Health

Variable	Source	Sum of Square	df	Mean Square	F
Mental Health	Between Groups	5089.44	4	1272.36	10.00**
	Within Groups	94731.25	745	127.15	
	Total	99820.69	749		

Note: \*\*F ratio is significant at 0.01 level.

Table 1.116 revealed that, there was significant difference among college students categorized on the basis of mother occupation for the variable Mental Health. The F ratio for the variable Mental Health obtained was 10.00, (df = 4, and 745), which was statistically significant at 0.01 level. The result indicated that there was significant difference among college students based on their mother's occupation for the variable Mental Health. Post hoc comparison was done using Duncan test for identifying the differences existed among the college students based on mother's occupation categories, came out with the result shown in Table 2.17.

**Table 2.17** Result of Duncan test for Mental Health: Comparison Based on Mother's occupation

S1. No.	Mother's Occupation	N	M	1	2	3	4	5
1	Housewife/ Unemployed	583	225.45	( )	*	..	*	..
2	Unskilled work	21	218.80	„	( )	*	*	*
3	Skilled work	48	229.41	„	„	( )	..	..
4	Semi Profession	80	232.45	„	„	„	( )	*
5	High Profession	18	226.66	„	„	„	„	( )

Note: \* indicated significant difference between the groups compared.

Table 2.17 revealed that there were significant differences among five categories of college students on the basis of their mother's occupation for the variable Mental Health. The mean

scores obtained for college students, whose mothers were in Housewife/Unemployed group were 225.45, Unskilled group were 218.80, Skilled group were 229.41, Semi Profession group were 232.45, and High Profession group were 226.66, respectively. The mean scores showed that the college students had higher level of Mental Health; whose mother's occupation was comes under Semi Profession group than the Housewife/Unemployed, &Unskilled work group. As indicated in Table 2.17 that the college students had higher level of Mental Health; whose mother's occupation was comes under the Housewife/Unemployed than the unskilled work group. The Table showed that the college students had higher level of Mental Health; whose mother's occupation was comes under the High Profession than Unskilled work group. Further results revealed that the college students had higher level of Mental Health; whose mother's Occupation was comes under Semi Profession group than the High Profession group. But for all the other comparisons, the college students have similar level of Mental Health based on their mother's occupation.

## 2.11 Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Attitude Toward the Self

One-Way ANOVA was done to compare the college students categorized on the basis of their mother's occupation. The results obtained for the analysis for the variable Attitude Toward the Self are given in Table 2.18.

**Table 2.18** Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Attitude Toward the Self

Variable	Source	Sum of Square	df	Mean Square	F
Attitude Toward the Self	Between Groups	93.07	4	23.26	1.29
	Within Groups	13412.49	745	18.003	
	Total	13505.56	749		

Note: F ratio is not significant.

The F ratio obtained for the variable Attitude Toward the Self was 1.29, which was not statistically significant among college students categorized on the basis of mother's occupation (Housewife/Unemployed, Unskilled work, skilled work, Semi Professional, High Professional). The results indicated that college students were similar for the variable Attitude Toward the Self based on their mother's occupation.

## 2.12 Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Self-actualization

One-Way ANOVA was done to compare the college students categorized on the basis of mother's occupation. The results obtained for the analysis for the variable Self-actualization are given below. The details are given in below Table 2.19.

**Table 2.19** Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Self-actualization

Variable	Source	Sum of Square	df	Mean Square	F
Self-Actualization	Between Groups	230.37	4	57.59	2.81**
	Within Groups	15239.90	745	20.45	
	Total	15470.27	749		

Note: \*\*F ratio is significant at 0.01 level.

Table 2.19 revealed that, there was significant difference among college students categorized on the basis of mother occupation for the variable Self-actualization. The F ratio for the variable Self-actualization obtained was 2.81, (df=4, and 745), which was statistically significant at 0.01 level.

The result indicated that there was significant difference among college students on the basis of mother's occupation for the variable Self-actualization. Post hoc comparison was done using Duncan test for identifying the differences existed among the college students based on their mother's occupation categories, came out with the result shown in Table 2.20.

**Table 2.20** Result of Duncan test for Self-actualization: Based on Mother's Occupation

S1. No.	Mother's Occupation	N	M	1	2	3	4	5
1	Housewife/unemployed	583	36.10	( )	..	..	..	..
2	Un skilled work	21	34.71	„	( )	..	*	..
3	Skilled work	48	35.93	„	„	( )	..	..
4	Semi Profession	80	37.67	„	„	„	( )	..
5	High Profession	18	36.61	„	„	„	„	( )

Note\* indicated significant difference between the groups compared

Table 2.20 revealed that there were significant differences among five categories of college students on the basis of their mother's occupation for the variable Self-actualization. The mean scores obtained for college students, whose mothers where in Housewife/Unemployed group 36.10 Unskilled group were 34.71, Skilled group were 35.93, Semi Profession group were 37.67, and High Profession group were 36.61 respectively. The mean scores showed that the college students had higher level of Self-actualization; whose mother's occupation was comes under Semi Profession group than the Unskilled work group. But for all the other comparisons, the college students have similar level of Self-actualization based on their mother's occupation.

### 2.13 Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Integration

One-Way ANOVA was done to compare the college students categorized on the basis of mother's occupation. The results obtained for the analysis for the variable Integration are given in Table 2.21.



**Table 2.21** Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Integration

Variable	Source	Sum of Square	df	Mean Square	F
Integration	Between Groups	471.70	4	117.92	4.82**
	Within Groups	18213.01	745	24.44	
	Total	18684.71	749		

Note: \*\*F ratio is significant at 0.01 level.

Table 2.21 revealed that, there was significant difference among college students categorized on the basis of Mother's their occupation for the variable Integration. The F ratio for the variable Integration obtained was 4.82, (df = 4, and 745), which was statistically significant at 0.01 level.

The result indicated that there was significant difference among mother's occupation of college students on the variable Integration. Post hoc comparison was done using Duncan test for identifying the differences existed among the college students based on father's occupation categories, came out with the result shown in Table 2.22.

**Table 2.22** Result of Duncan test for Integration: Comparison Based on Mother's Occupation

S1. No.	Mother's Occupation	N	M	1	2	3	4	5
1	Housewife/Unemployed	583	41.64	( )	*	..	..	..
2	Unskilled work	21	39.04	„	( )	*	*	..
3	Skilled work	48	42.83	„	„	( )	..	*
4	Semi Profession	80	43.33	„	„	„	( )	*
5	High Profession	18	40.00	„	„	„	„	( )

Note: \* indicated significant difference between the groups compared.

Table 2.22 revealed that there were significant differences among college students on the basis of their mother's occupation for the variable Integration. The mean scores obtained for college students, whose mothers were in Housewife/Unemployed group were 41.64, Unskilled group were 39.04, Skilled group were 42.83, Semi Profession group were 43.33, and High Profession group were 40.00 respectively. The mean scores showed that the college students had higher level of Integration; whose mother's occupation was comes under Housewife/Unemployed group than the Unskilled work group.

As indicted in Table 2.22 that the college students had higher level of Integration whose mother's occupation were comes under skilled work group when compared with the Unskilled and High profession group. Further results revealed that the college students had higher level of Integration; whose mother's occupation was comes under Semi profession group than the High, and Unskilled work group. But for all the other comparisons, the college students have similar level of Integration based on their mother's occupation.

#### **2.14 Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Autonomy**

One-Way ANOVA was done to compare the college students categorized on the basis of mother's occupation. The results obtained for the analysis for the variable Autonomy are given below in Table 2.23.

**Table 2.23** Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Autonomy

Variable	Source	Sum of Square	df	Mean Square	F
Autonomy	Between Groups	46.25	4	11.56	1.36
	Within Groups	11698.26	745	15.70	
	Total	11744.51	749		

Note: F ratio is not significant.

The F ratio obtained for the variable Autonomy was 1.36, which was not statistically significant among college students categorized on the basis of mother's occupation (Housewife/Unemployed group, Unskilled work, Skilled work, Semi profession, and High professional). The results indicated that college students were similar for the variable Autonomy based on their mother's occupation.

## 2.15 Comparison of College Students categorized on the Basis of Mother's Occupation for the Variable Perception of Reality

One-Way ANOVA was done to compare the college students categorized on the basis of their mother's occupation. The results obtained for the analysis for the variable Perception of Reality are given in Table in 2.24.

**Table 2.24** Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Perception of Reality

Variable	Source	Sum of Square	df	Mean Square	F
Perception of Reality	Between Groups	177.94	4	44.48	2.84**
	Within Groups	11642.19	745	15.62	
	Total	11820.13	749		

Note: \*\*F ratio is significant at 0.01 level.

Table 2.24 revealed that, there was significant difference among college students categorized on the basis of mother occupation for the variable Perception of Reality. The F ratio for the variable Perception of Reality obtained was 2.84, (df = 4, and 745), which was statistically significant at 0.01 level.

The result indicated that there was significant difference among college students based on their mother's occupation for the variable Perception of Reality. Post hoc comparison was done using Duncan test for identifying the differences existed among the college students based on mother's occupation categories, came out with the result shown in Table 2.25.

**Table 2.25** Result of Duncan test for Perception of Reality: Comparison of Mother's Occupation

S1. No.	Father's Occupation	N	M	1	2	3	4	5
1	Housewife/Unemployed	583	37.36	( )	..	..	..	..
2	Unskilled work	21	36.14	„	( )	..	*	..
3	Skilled work	48	37.16	„	„	( )	..	..
4	Semi Profession	80	38.73	„	„	„	( )	..
5	High Profession	18	37.22	„	„	„	„	( )

Note \* indicated significant difference between the groups compared

Table 2.25 revealed that there were significant differences among five categories of college students on the basis of their mother's occupation for the variable Perception of Reality. The mean scores obtained for college students, whose mothers where in Housewife/Unemployed group were 37.36, Unskilled group were 36.14, Skilled group were 37.16, Semi Profession group were 38.73, and High Profession group were 37.22 respectively. The mean scores showed that the college students had higher level of Perception of Reality; whose mother's occupation was comes under Semi Profession group than the unskilled workgroup. But for all the other comparisons, the college students have similar level of Perception of Reality based on their mother's occupation.

## 2.16 Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Environmental Mastery

One-Way ANOVA was done to compare the college students categorized on the basis of their mother's occupation. The results obtained for the analysis for the variable Perception of Reality are given in Table 2.26.

**Table 2.26** Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Environmental Mastery

Variable	Source	Sum of Square	df	Mean Square	F
Environmental Mastery	Between Groups	290.44	4	72.61	4.05**
	Within Groups	13345.64	745	17.91	
	Total	13636.08	749		

Note: \*\*F ratio is significant at 0.01 level.

Table 2.26 revealed that, there was significant difference among college students categorized on the basis of their mother occupation for the variable Environmental Mastery. The F ratio for the variable Environmental Mastery obtained was 4.05, (df =4, and 745), which was statistically significant at 0.01 level. The result indicated that there was significant difference among their mother's occupation of college students on the variable Environmental Mastery. Post hoc comparison was done using Duncan test for identifying the differences existed among the college students based on their mother's occupation categories, came out with the result shown in Table 2.27.

**Table 2.27** Result of Duncan test for Environmental Mastery: Comparison Based on Mother's Occupation

S1. No.	Father's occupation	N	M	1	2	3	4	5
1	Housewife/Unemployed	583	38.10	( )	..	..	..	..
2	Unskilled work	21	37.61	„	( )	..	.	*
3	Skilled work	48	39.43	„	„	( )	..	..
4	Semi Profession	80	39.63	„	„	„	( )	..
5	High Profession	18	40.11	„	„	„	„	( )

Note \* indicated significant difference between the groups compared

Table 2.27 revealed that there were significant differences among five categories of college students on the basis of their mother's occupation for the variable Environmental Mastery. The mean scores obtained for college students, whose mothers where in Housewife/Unemployed group were 38.10, Unskilled group were 37.61, Skilled group were 39.43, Semi Profession group were 39.63, and High Profession group were 40.11 respectively. The mean scores showed that the college students had higher level of Environmental Mastery; whose mother's occupation was comes under High Profession group than the Unskilled work group. But for all the other comparisons, the college students have similar level of Environmental Mastery based on their mother's occupation.

## 2.17 Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Self-esteem

One-Way ANOVA was done to compare the college students categorized on the basis of mother's occupation. The results obtained for the analysis for the variable Self-esteem are given in Table 2.28

**Table 2.28** Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Self-esteem

Variable	Source	Sum of Square	df	Mean Square	F
Self-esteem	Between Groups	236.70	4	59.17	1.48
	Within Groups	29686.18	745	39.84	
	Total	29922.88	749		

Note: F ratio is not significant.

The F ratio obtained for the variable Self-esteem was 1.48, which was not statistically significant among college students categorized on the basis of their mother's occupation (Housewife/Unemployed, Unskilled work, Skilled work, Semi Profession, High Profession). The

results indicated that college students were similar for the variable Self-esteem based on their mother's occupation.

### 2.18 Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Subjective Well-being

One-Way ANOVA was done to compare the college students categorized on the basis of mother's occupation. The results obtained for the analysis for the variable Subjective Well-being are given in Table 2.29.

**Table 2.29** Comparison of College Students Categorized on the Basis of Mother's Occupation for the Variable Subjective Well-being

Variable	Source	Sum of Square	df	Mean Square	F
Subjective Well-being	Between Groups	97.60	4	24.40	1.01
	Within Groups	18282.85	745	24.54	
	Total	18380.45	749		

Note: F ratio is not significant

The F ratio obtained for the variable Subjective Well-being was 1.01, which was not statistically significant among college students categorized on the basis of their mother's occupation (Housewife/Unemployed, Unskilled work, Skilled work, Semi profession, High profession). The results indicated that college students were similar for the variable Subjective Well-being based on their mother's occupation.

## CONCLUSION

1. There were significant differences among college students on the basis of their father's Occupation in their Mental Health. College students, whose; their father's Occupation come under Semi Professional had higher level of Mental Health than others.
2. There were no significant differences among college students on the basis of their fathers Occupation in their Attitude Toward the Self.
3. There were significant differences among college students on the basis of their father's Occupation in their Self-actualization. College students, whose; their father's Occupation comes in Semi Professional had higher level of Self-actualization than others.
4. There were significant differences among college students on the basis of their fathers Occupation in their Integration. College students, whose; their father's Occupation come in Semi professional category had higher level of Integration than other categories.
5. There were no significant differences among college students on the basis of their fathers Occupation in their Autonomy.
6. There were significant differences among college students on the basis of their fathers Occupation in their Perception of Reality. College students, whose; their father's Occupation comes in Semi professional category had higher level of Perception of Reality than skilled and unskilled categories.
7. There were significant differences among college students on the basis of their fathers Occupation in their Environmental Mastery. College students, whose; their father's Occupation comes in Semi professional category had higher level of Environmental Mastery than skilled and unskilled categories. But other categories were similar.
8. There were no significant differences among college students on the basis of their fathers Occupation in their Self-esteem.
9. There were significant differences among college students on the basis of their fathers Occupation in their Subjective Well-being. College students, whose; their father's Occupation comes in high professional category had higher level of Subjective Well-being than others.
10. There were significant differences among college students on the basis of their mothers Occupation in their Mental Health. College students, whose; their mother's Occupation comes in house wise/unemployed category had higher level Mental Health than unskilled



workers category. But semi professional category had higher level Mental Health than house wise/unemployed and high professional category.

11. There were no significant differences among college students on the basis of their mothers Occupation in their Attitude Toward the Self.
12. There were significant differences among college students on the basis of their mothers Occupation in their Self-actualization. College students, whose; their Mother's Occupation comes in semi professional category had more self-actualization than unskilled workers category.
13. There were significant differences among college students on the basis of their mother's Occupation in their Integration. College students, whose; their mother's Occupation comes under High Profession, had high level of integration than Semi profession, and unskilled group.
14. There were no significant differences among college students on the basis of their mother's Occupation in their Autonomy.
15. There were significant differences among college students on the basis of their mothers Occupation in their Perception of Reality. College students, whose; their Mother's Occupation comes in semi professional category had more Perception of Reality than unskilled workers category.
16. There were significant differences among college students on the basis of their mothers Occupation in their Environmental Mastery. College students, whose; their Mother's Occupation comes under high profession category had high level of environmental mastery than unskilled group.
17. There were no significant differences among college students on the basis of their mothers Occupation in their Self-esteem.

There were no significant differences among college students on the basis of their mothers Occupation in their Subjective Well-being

## **FINDINGS AND IMPLICATIONS**

1. The result of the present investigation would help educational, social, and family planning at different levels.

2. The knowledge attained through this study is helpful to the individual, especially college students. The results of this investigation clearly indicated that there college students have ability to solve the problem and meet situational requirements.
3. In our globalized world the necessity for improving student mental health is increasing. Psychological problems and mental disorders are frequent, and students need help at the places where they study, the counseling services provided in college or universities would be helpful for improving self-esteem and well-being of college students.
4. Another important implication of the present study is that positive Mental Health consider as a major parts of one's life and it is a source of satisfaction and dissatisfaction. They feel comfortable about themselves and their ability. They learned to live with him and accepting both limitation and possibilities that they may find in themselves.
5. The findings of the present study are useful to parents that foster a positive Mental Health, Self-esteem, and Subjective Well-being in their children. It is also helps parents to stay closer to their children's for developing better understanding with them. A positive and friendly interaction with the parents will help children to become aware of their role and significant, which in turn gives him or her more favorable Mental Health.
6. Finding of the present study envisages the importance and utility of psychological variables among college students for better tomorrow.
7. As a result, it is recommended that educational centers apply recreational, counseling, and sports programs, yoga in order to enhance their students' Mental Health, Self-esteem, and Subjective Well-being and hence their educational performance.
8. Finally, the findings of this study may be used to develop further theoretical and analytical models, with regard to the fostering of better Mental Health.

## **LIMITATION**

1. The researcher had made all attempts to make the study free from limitations; however, there were certain limitations, which are presented below along with suggestion for further result. In the present study only nine variables were used, for futures studies would include more variables like locus of control, personality trait, which could be hypothesized as having Significant correlation with Mental Health and its subscales, Self-esteem, and Subjective Well-being.

2. Analytical study will be more effective if conducted on a large sample. The sample size of the present study was limited to 750 colleges, to fill up the questionnaire.
3. It would be better to consider more subjects, so as to categorize them to married and unmarried, employed and unemployed, and the result would be more generalizable and more details exploration would be possible, if the college students categorized on the basis of their parents occupation, and income.
4. The present investigation used normative survey method, wherein the possibility of conducting case study was not explored. It may be suggested that the further studies should be conducted in the area, using case studies as well. This would give an adequate picture of variables under study, highlighting the antecedents and consequences in a better way.
5. The investigator would feel gratified, if the findings and implications of the study are made use of by parents, teachers, educationalists, and all other worker who are interested in the growth, development, and future prospects of college students.

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